

# Welcome to Lehi Recreation Track & Field!

The program is a great opportunity to set the tone for a lifetime of physical activity and exercise. The primary focus for the participants is to begin to learn the basics of running and track and field events.

## **Just a few notes:**

- ✓ Head coach: Matt Rowe 801-310-0987  
coachmattrowe@gmail.com
- ✓ This program mainly focuses on track events. They will have some exposure to field events, but it will be limited.
- ✓ Please be sure to have your child wear appropriate athletic clothing which will allow for easy movement.
- ✓ Have your child wear warmer clothing if it is cold outside.
- ✓ Appropriate footwear is important for running. We recommend that your child gets a pair of good running shoes from a place that can properly fit them.
- ✓ Parents are encouraged to join in the program and run with their child.
- ✓ There is no access to water fountains, so please bring a water bottle.
- ✓ Our only access to a restroom is a porta-potty. You may want to plan accordingly.
- ✓ Want to continue on with track and field? Please visit:  
[northvalleytc.blogspot.com](http://northvalleytc.blogspot.com)

Thanks for your participation. We look forward to a fantastic track and Field program!